

Bariatric Success Starter Kit

Your clear roadmap to healing, nourishing, and thriving after surgery.

Empowering bariatric patients to live confident, healthy, and stylish lives through practical resources, supportive content, and curated finds.

TABLE OF CONTENTS

Pre-Op Prep	Page 4
Post-Op Healing Tracker....	Page 5 to 6
Emotional Eating Reflection Worksheet.....	Page 7
Restaurant and Eating Out Strategy.....	Page 8
Track Your Wins Celebrate progress.....	Page 9 to 10

Welcome, Beautiful!

Congratulations on taking this powerful step toward a healthier, more confident you.

This kit was created to make your bariatric journey smoother, intentional, and empowering.

Inside, you'll find practical tools, mindset reflections, and lifestyle trackers to help you stay organized, mindful, and motivated.

Remember — this is your journey. Take it one sip, one step, and one victory at a time

-Ash



PRE-OP CHECKLIST

Prepare with confidence.

Use this checklist to stay on top of pre-surgery tasks and self-care routines.

- Medical clearances completed
- Lab work submitted
- Protein shakes stocked
- Vitamins ordered
- Comfortable clothes packed
- Surgery bag ready
- Journal or planner packed
- Mental prep: affirmations + self-talk
- Support system notified
- Set intentions for recovery

Tip: You're not just preparing your body – you're preparing your mindset for success.

DAILY RECOVERY TRACKER

Healing with mindfulness and structure.

Date	Protein (g)	Water (oz)	Vitamins	Medications	Steps	Energy Level (1-10)	Notes

*Early on, sip slowly – it may take 20 minutes to drink one ounce. Listen to your body and rest often.
Every ounce and every step counts toward healing.*



POST-OP TIMELINE OVERVIEW

A simple guide to your first 8 weeks post-op.

Week	Focus Area	Nutrition Phase	Activity Goal	Notes
1	Rest & Hydration	Clear liquids	Gentle walking	Stay hydrated & rest.
2	Protein First	Full liquids	Short daily walks	Introduce protein shakes.
3	Soft Foods	Pureed stage	Light household activity	Focus on chewing slowly.
4	Energy Building	Soft solids	Gradual increase in movement	Track how your body feels.
5-6	Routine	Soft to regular	Add light workouts	Monitor portion sizes.
7-8	Confidence	Regular diet	Consistent activity	Reflect on progress & wins.

Progress gradually – your timeline may differ. Always follow your medical team's recommendations.

EMOTIONAL EATING REFLECTION WORKSHEET

Reframe your relationship with food.

What triggered me today?

How did I respond?

What emotions was I feeling?

What could I do differently next time?

What's one kind thing I can tell myself right now?

RESTAURANT & EATING OUT STRATEGY SHEET

Enjoy social meals without stress.

Restaurant	Go-To Meal	Customization / Swap	Notes

TIPS:

- Focus on protein-first options
- Ask for sauces on the side
- Avoid drinks with meals
- Split or box half before you start

MOTIVATION & NSV TRACKER (NON-SCALE VICTORIES)

Because success isn't just a number.

Restaurant	NSV (Non-Scale Victory)	How It Made Me Feel	Reward / Celebration Idea

Examples:

- "Tied my shoes without pain."
- "Walked up stairs without stopping."
- "Felt confident in new clothes."

WEEKLY REFLECTION PAGE

Reflect. Refocus. Reignite.

This week I felt proud because...

I overcame...

I'm grateful for...

Next week I'll focus on...

A reminder I needed this week was...

Thank you for being part of
this empowering community.

You're not alone — you're
supported, celebrated, and
unstoppable.

This is Ash, reminding you that
“Progress is personal. Keep
showing up.”

Follow for more confidence,
wellness, and lifestyle tips!

 [bariatriclifestyled](https://www.instagram.com/bariatriclifestyled)

 thebarilifestyle@gmail.com

JOIN MY COMMUNITY

Your journey doesn't end here
it's just beginning. Let's make
post-op life simple, stylish, and
inspiring.

